



Lap Lane Etiquette

▪ **Basic Courtesy**

- Please refrain from spitting into the pool gutters
- When using hand paddles remember the lanes are narrow so be careful passing and turning
- Swim caps are encouraged, but not mandatory

▪ **Circle Swimming and passing slower swimmers**

- Always swim on the right hand side of the lane. Whilst swimming up or down a lane make sure to stay closer to the lane line to avoid hitting hands or fingernails with the swimmers on the opposite side, keep close to the lane line and lift your elbows high.
- There's only one thing more annoying than being behind a slower swimmer and that's being constantly slapped on the toes by a faster swimmer.
 - Either move to the center of the lane and accelerate past, or tap their toes near the end of the lap and they should allow you to go ahead
 - Or, move closer to the lane and slow down to allow the faster swimmer to pass, or stop at the wall and allow them to go ahead.